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Marcel Ray Duriez 5 min read · Mar 26, 2026

Different Personality Types (Modern Social Archetypes)

These aren't strict science—they're social ideas people use to describe behavior patterns:

• Alpha – The leader, dominant, assertive, takes charge

• Beta – Supportive, cooperative, loyal, follows structure

• Gamma – Intelligent, introspective, emotionally aware but sometimes conflicted

• Delta – Independent worker, avoids attention, grounded and practical

• Sigma – The lone wolf, independent thinker, moves outside the system

• Omega – Often rejected or withdrawn, struggles socially but may be deeply thoughtful

• “Gimme” (Entitlement mindset) – Not a formal type, but someone who expects without earning, seeks validation, and avoids responsibility

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Group Topic: “Who Are You Becoming?”

Three-Paragraph Moral (Simple but Deep)

People often think they need to be the strongest, the loudest, or the most in control to matter. That’s where the idea of the Alpha comes in. But always trying to dominate can lead to pride, conflict, and burnout. Strength is not just about control—it’s about knowing when to lead and when to listen.

Then there’s the Sigma, the one who walks alone. This person doesn’t follow the crowd and thinks for themselves. That can be powerful and wise, but too much isolation can lead to loneliness. Being independent is good—but we still need connection, understanding, and people who care about us.

The “Gimme” mindset is something to be careful of. It’s when someone wants everything without effort—respect without earning it, love without giving it, success without working for it. This way of thinking can hold a person back from growing. True growth comes from effort, humility, and learning who you really are.

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20 Questions: What Personality Type Might Fit You?

Answer honestly:

1. Do you like to lead or follow?

2. Do you enjoy being around people or alone?

3. Do you make decisions quickly or think deeply first?

4. Do you need approval from others?

5. Do you feel comfortable standing out?

6. Do you avoid conflict or face it directly?

7. Do you work better in a team or by yourself?

8. Do you feel misunderstood often?

9. Do you try to control situations?

10. Do you expect things to come to you, or do you work for them?

11. Do you feel drained after socializing?

12. Do you like structure or freedom?

13. Do you care what others think about you?

14. Do you push yourself to grow?

15. Do you take responsibility for your mistakes?

16. Do you feel like you don’t belong sometimes?

17. Do you enjoy helping others succeed?

18. Do you isolate yourself when stressed?

19. Do you believe respect should be earned?

20. Are you becoming better, or just staying comfortable?

Understanding the Types (Honest Breakdown)

Why Avoid the “Gimme” Mindset

• It creates entitlement without effort

• Stops growth and accountability

• Leads to disappointment when reality doesn’t match expectations

Life rewards effort, not expectation

Why Alpha Isn’t Always the Goal

• Constant dominance can push people away

• Can turn into ego instead of leadership

• Real leaders know when to step back

True strength = control + humility

Why Sigma Is Powerful (But Risky)

• Independent thinking = intelligence and creativity

• Doesn't follow pressure or trends

• But isolation can lead to loneliness and emotional distance

Balance independence with connection

Reflection Paragraph

At the end of the day, no one fits perfectly into one category. These are just mirrors to help you see parts of yourself. The goal is not to label yourself—but to understand your strengths and your weaknesses. You may have Alpha moments, Sigma thoughts, Beta loyalty, or even struggle with "Gimme" thinking sometimes. What matters most is growth. Becoming aware of who you are today gives you the power to choose who you become tomorrow.

Essay (In Your Style – Deep, Philosophical, Reflective)

We are not one thing—we are many things learning how to become one. The world tries to name us, label us, place us into categories like Alpha, Sigma, or something lesser, as if identity could be contained in a word. But the truth is, we move between these states. We rise in dominance, we fall into silence, we stand alone, and sometimes we reach with empty hands expecting something to be given. That is the human condition—not fixed, but constantly becoming.

The Alpha fights for control, believing power defines worth. The Sigma walks away from the fight, believing distance defines clarity. But both can lose something along the way—the Alpha may lose connection, and the Sigma may lose belonging. And then there is the mindset that asks without building, that wants without earning—the "Gimme" state of being. This is not a personality, but a pause in growth, a moment where the self forgets that life responds to effort, not desire alone.

So the question is not "Which one are you?" but "Who are you becoming?" Because wisdom is not found in dominance or isolation—it is found in balance. To lead when needed, to step back when necessary, to stand alone without being lost, and to ask not what the world owes you, but what you are willing to build within it. That is where identity transforms—not in labels, but in the quiet decisions you make every day.

The 10-Second Personality Test

Pick the answer that feels most natural — don't think too hard.

1. In a group, you usually:

A. Take charge

B. Support others

C. Stay quiet and observe

D. Do your own thing, separate

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2. When there's a problem:

A. You step in and fix it

B. You help someone else fix it

C. You analyze it deeply first

D. You handle it alone your way

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3. What matters most to you?

A. Respect and control

B. Belonging and connection

C. Understanding and meaning

D. Freedom and independence

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4. How do people see you?

A. Strong / dominant

B. Kind / reliable

C. Different / thoughtful

D. Mysterious / distant

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5. Your biggest weakness:

A. Controlling / ego

B. People-pleasing

C. Overthinking

D. Isolating

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6. When ignored or disrespected:

A. Confront it

B. Feel hurt but stay calm

C. Think about it deeply

D. Walk away completely

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7. Your energy comes from:

A. Leading

B. Being with others

C. Thinking / creating

D. Being alone

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8. Your mindset:

A. “I’ll take it.”

B. “We’ll do it together.”

C. “Why does this happen?”

D. “I don’t need anyone.”

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9. How do you grow?

A. Competing and winning

B. Learning with others

C. Self-reflection

D. Self-reliance

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10. Be honest:

A. I want power

B. I want connection

C. I want truth

D. I want freedom

Your Result

• Mostly A → Alpha

• Mostly B → Beta

• Mostly C → Gamma

• Mostly D → Sigma

Quick Add-On Check (Important)

If you notice this pattern:

• “I deserve it without effort”

• “People should give me things”

• “I shouldn’t have to work for it”

That’s the “Gimme” mindset (not a real type, but a warning sign to grow past)

Fast Truth (Simple)

• Alpha → Strong, but must learn humility

• Beta → Loyal, but must learn confidence

• Gamma → Smart, but must act more

• Sigma → Independent, but must stay connected

• Gimme → Stuck, until effort replaces entitlement

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